



THE VASHON LOOP

Vol. 11, #8

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April 10, 2014

Friends of Mukai Program features the Mukai Garden



Kuni Mukai in her garden, 1940's

By Helen Meeker

A program focused on Kuni Mukai's historic landmark garden will be offered by Friends of Mukai at 7 p.m., Wednesday, April 23rd at the Vashon Maury Island Land Trust Building. Friends of Mukai Garden Committee members Cindy Stockett and Karen Baer will present a slide/digital description and discussion about the unusual garden Kuni Mukai created in 1927-28 to reflect her Japanese cultural heritage, and built with her husband, B.D., and son, Masahiro Mukai.

The Mukai landscape is a singular expression of both American and Japanese influence. The 1920's craftsman home with its manicured lawn, typical American plantings and a

concrete walkway leading to the front door, reflected B.D.'s desire to live an American lifestyle. In the adjacent free form Japanese stroll garden bordered by numerous cherry trees, bounded by a koi filled waterway, Kuni used artfully designed plants, earth, stones and water to evoke landscapes and memories of Japan. Her garden was created to share with friends and family and as a venue for social gatherings rather than as a classic high style landscape following strict traditions of Japanese masters. Her outdoor tea parties under the blossoming cherry trees to celebrate the renewal that comes with spring were major Vashon Island social events in the 1930's and 40's.

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Moving On or Creating a "New" Park District?

Scott Harvey was upset by my February 26th commentary about Vashon Park District (VPD). So upset, he felt the need to create his own public response, in addition to talking with me personally (however, I called him to make that connection) and making it an agenda item at our meeting. None of the other commissioners had this reaction. True, my article was not reviewed by the commissioners prior to me publishing it (I wasn't hiding anything; I just didn't think what I said was controversial among our board).

But, I stand by what I stated. Every point I made has a majority of commissioners that has voted to support that point of view. In previous boards I have been on, when the majority votes, that is the direction in which we move. It is unproductive to publicly spin a personal view if it won't be moved forward. For example, the board passed a 2014 budget that included finishing permit work on the VES fields. That is a fact. We do "expect to complete that work this year". We can change it by a majority vote, but Scott's personal

(and minority) view that we should not complete the work doesn't help us right now, and creates a lot of "noise".

My other two points I focused on (#1 - paying off VPD debt and creating a cash reserve; #2 - improve our efficiency in the area of park maintenance, or "address maintenance needs," as Scott put it), Scott, and the majority of the board, agree on. So why write an entire column stating your singular position, when it would seem more beneficial to support VPD in moving these initiatives forward?

I agree with Scott that the decisions we make in the next 90 days or so will help determine if we are "moving on," as I put it in my commentary, or delivering a "new" park district," as Scott describes it. I look forward to working with him, and my other commissioner colleagues, together to get there.

Lu-Ann Branch
VPD Commissioner, Position #2
Chair, Vashon Park District
Vashon Island Resident and
Taxpayer

Birding project integrates science & art lessons for 4th graders



Artist Liz Lewis works with 4th grader Spencer Mazur in sculpting his bird during a VAIS residency, Vashon Shore and Water Birds. All 78 finished birds created by Chautauqua 4th graders will be on display in the window of the Heron's Nest, April 11-30.

By Pamela McMahan

Every spring, 4th graders at Chautauqua take a deep dive into the study of Vashon birds. A longstanding focus of Vashon Island School District's science curriculum, the 4th grade birding unit brings together teachers and community partners to strengthen students' lifelong appreciation for our local Island environment. Students learn to see and study birds for their anatomy, for their fascinating behaviors and for the important roles birds play in ecosystems that sustain life.

Over the years, Vashon Audubon and Vashon Artists in Schools (VAIS) have worked hand-in-hand with the Chautauqua 4th grade team to create a learning experience that integrates students' important scientific understandings with principles of artistic expression. The art component of the birding unit is designed to reinforce scientific knowledge of bird anatomy, behavior, habitat, AND to build on significant learning in the visual arts for 4th graders.

To bring all this learning to fruition, the classroom teachers and Chautauqua art specialist Tara Brenno recently partnered with ceramic artist Liz Lewis in a VAIS artist residency, Vashon Shore and Water Birds. Over the course of four weeks, Lewis and Brenno led the 4th graders on a journey that culminated in each student constructing a favorite Vashon bird out of clay. All 78 finished beauties - painted, glazed and fired - are on display in the window of Heron's Nest in downtown Vashon, April 11-30.

Dropping in on the first 50-minute class session in the Chautauqua art room was to experience a room full of

4th graders eagerly intent on each step of building their chosen bird out of clay. Starting with photographs and large lifelike drawings of birds, artist Liz Lewis began the class with a series of questions: "What do you see - the physical parts of the bird's body, the poses, the angle of the head, the action the bird is about to take, the positive/negative spaces created by its pose? What would you like to include in your sculptural depiction? What is most important to me, as an artist, in sculpting a bird? What do I hope to convey? First, we will do some drawing, as a way to make a plan for the clay work and to find answers to these questions."

The next two class sessions involved the students making the pedestal and the bird's body, followed by the wings, beak, tail and eyes. Lewis directed the students to "go back to your original drawing and check the feather patterns and directionality of the plumage." She instructed students in ways to ensure a strong attachment of the clay, and in adding texture to the wings and other body parts. On the final day, students gloried in glazing/painting their carefully sculpted birds.

The project deepened 4th graders' visual thinking strategies as they grappled with the many choices and challenges presented. Finding a comfort level with clay as a sculptural medium and bringing their artwork to life formed a progression of important visual arts skills for the students. But the overall learning goals for Vashon Shore and Water Birds stimulated the possibilities of science and art integration. According

Continued on Page 7

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\$600,000	\$531,744	\$474,519
\$700,000	\$620,368	\$553,606

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Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the Loop, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Vashon Drum Circle

All are welcome to join Buffalo Heart, the big community drum and members of the Vashon Drum Circle, Friday, April 11th, 7-8:30 PM, at Vashon Intuitive Arts. Come sing and drum at this free monthly gathering, open to all ages and abilities. Sponsored by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

CURRENT EVENTS Discussion Group

Meet at the Senior Center each month on the Second Thursday, 2:00 to 4:00 PM

Join us to talk about subjects of your choice. We review Local, National, and International issues that affect our lives. Personal problems are not discussed.

We are Looking for more participation. Remember the Second Thursday each month 2:00 to 4:00 PM

Have a Story or Article

Send it to:
Editor@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

The Vashon Loop

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Wastemobile visits Vashon for free household hazardous waste disposal

Safely dispose of old car batteries, oil, paint thinner and many other household hazardous items at no cost when the Wastemobile makes a stop in Vashon, April 18-20.

The Wastemobile will be set up at the Tjomsland Gravel Pit at 17001 107th Ave. SW, from 10 a.m. to 5 p.m. each day.

Residents can drop off household hazardous waste items including pesticides, oil-based paints, automotive products (oil, antifreeze, auto batteries, etc.), fluorescent bulbs/tubes and other items without a charge. The service is pre-paid through garbage and sewer utility fees.

Portrayal of Anne Hutchinson

On Saturday, April 26 the Methodist Church will be hosting Debbie Dimitre, a professional storyteller. She will be presenting her portrayal of Anne Hutchinson, a Puritan woman at the center of controversy in our country's beginnings. The event will begin at 2:00 and will be followed by refreshments. All are welcome! Bring the family to enjoy her captivating presentation. (Appropriate for middle-school age and older students) No charge, but donations accepted.

The Incredible Years Series

For Parents and Caregivers of children 3 - 10 years old
Facilitator: (Melanie Salonen)

Spring Class Dates: April 10, 24, 29, May 1, 8, 15 & 22
Cost: \$80 (Playspace members) & \$100 for nonmembers

The ages and stages of development can make different phases of parenting challenging. But as our children grow, so can our skills in parenting. The Incredible Years is a twelve-week, research based parent education program that provides parents with the tools needed to make the job of parenting easier; all the while raising happy, healthy independent children. The first several sessions builds children's social competence and cooperative behavior. The second half of the series focuses on reducing misbehavior. Topics include: effective bonding, effective praise/encouragement, emotion coaching, clear limit setting, house rules and chores, understanding your child's innate temperament, managing emotions (yours and theirs), what, how and when to ignore behaviors, and natural and logical consequences.

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Beekeeping Essentials

April 20, 2014, 1 - 3:30 p.m. - 24026 Wax Orchard Rd. SW, Vashon

This is a class intended for the brand new beekeeper for everything you need to know to get up and running. We'll go over site prep, woodenware, equipment, hive placement, installing a package of bees, feeding, and what to expect your first season. A Q&A session follows and refreshments will be served. This is a \$25 class (cash or check, collected at the class). Live bees will be on site and attendees should dress accordingly (avoid wool, fur, dark fleece or fleece-textured clothing). Parking is on street. Info: 206-463-4424

VIPP Spring Bake Sale

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Stop by to purchase an array of goodies baked by some of the Island's best bakers. If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 the morning of the 12th. For more information please call Victoria 463-5381.

Basic Shotgun Class

Interested in the fundamentals of shotgun shooting? The Vashon Sportsmen's Club will be hosting an NRA Basic Shotgun class on April 26 (9am-5pm) and April 27 (1pm-5pm). The class is \$125 (add \$10 if you would like lunch provided on Saturday). We're keeping this to a small group so there will be lots of 1-on-1 instruction with focus on safety, handling, and fundamentals of shotgun shooting. If you are interested or have questions, please contact Kim Forhart (kforhart@yahoo.com or 463-9545).

Paper Clips Documentary

In partnership with Island Green-Tech, Havurat Ee Shalom will be showing the award winning documentary, "Paper Clips" at Vashon Theatre. The film shares one small town's determination to understand the devastation of the Holocaust by collecting one paperclip for each person who died. This family friendly event is free and open to everyone, although donations are appreciated. Donations will go towards paying event costs with the remainder going towards Bet Sefer Jewish School.

Tuesday, April 22nd from 6pm - 8pm, at the Vashon Theatre

Vashon Island Shakespeare Festival's ShakesKIDS presents: Much Ado About Nothing

Friday April 11th, 7:00pm Ober Park Performance Space

For one night only ShakesKIDS will present a ruckus filled cross dressing presentation of Much Ado About Nothing by William Shakespeare.

Claudio loves Hero, Hero loves Claudio; what could go wrong? Claudio's friend Benedick loves Beatrice and Beatrice Benedick, though they'll not admit it. It's all fun and games until the actions of a disgruntled prince force Benedick to prove his love for Beatrice - by killing Claudio. Arrests are made by the clown like local law enforcement and a trial is held that parodies the law of the land and it's figure heads. With the bantering of Beatrice and Benedick, this play gives us one of Shakespeare's wittiest, most lovable pair of would be lovers.

ShakesKID's production has the most possible fun with turning upside down this classic play.

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Buteyko Breathing Technique: Controlling Asthma Without Medication

By Robert Litman

Vashon Breathing Center, Register Buteyko Breathing Technique Educator and Trainer

Asthma is at record levels in the United States, near epidemic in some ethnic and income groups. And while experts are at a loss to name a cause, two things are agreed upon: asthma kills (3,404 deaths U.S. deaths attributed to asthma in 2013, according to the Centers for Disease Control & Prevention) and drugs are a far less than perfect solution (just read the precautions on the label for asthma drugs).

According to the Centers for Disease Control & Prevention and the Asthma & Allergy Foundation of America, 25.9 million U.S. adults, or eight percent, of the U.S. population have asthma. That's roughly triple the percentage thought to have it just 20 years ago and the rate is thought to be much higher among children, and accelerating.

Nearly all these asthmatics are taking powerful asthma medication. The warnings on asthma drugs are truly scary – whether the potential side effects and long-term problems associated with the steroids used in asthma preventer drugs, or the heart stress related to asthma inhaler (bronchodilator) use. Their use is not to be taken lightly. Doctors know this, but they also know the potentially life-threatening nature of asthma demands treatment.

That's where I'd like to see the Buteyko Breathing technique enter the discussion, as a way of treating asthma without medication. Buteyko, as it's known in an ever-expanding list of countries where its use has spread in recent years, controls the symptoms of asthma through learned breathing techniques. The Buteyko Technique does not advocate discontinuing drug use, but in my own experience with trainees, and from what I've heard and read from Buteyko practitioners worldwide, a large percentage of asthmatics who complete the Buteyko class drastically reduce, and in some cases discontinue altogether, the use of asthma drugs.

The Brisbane Clinical Trial, a controlled study of the Buteyko Institute Breathing Method funded by the Australian Association of Asthma Foundations in 1994, showed marked decreases – in some cases total cessation – in asthma drug use by chronic asthmatics almost

immediately and six months after the subjects completed the Buteyko classes. Those in the group using the Buteyko method reported a decrease of 49 percent in asthma preventer drug use and 90 percent in bronchodilator (inhaler) use after six months.

The Brisbane Trial results, although dramatic, are well within the range of what I and other Buteyko practitioners routinely see. Buteyko is an established tool for asthma therapy in many countries.

Tucsonan Carmen Macklin, a Master Gardener and one of my first trainees, said the method was of immediate help to her in avoiding the triggers she routinely encountered working outside in the garden. "Even during the dusty winds in Tucson," Macklin told me, "I didn't need my inhaler."

The method has its roots in traditional medicine; founder Konstantin Buteyko was a Russian medical researcher. Although Dr. Buteyko did much of his work in the 1950s and 1960s, the closed nature of the Soviet Union, including its medical practices, kept the method from spreading earlier. It was formally adopted into the Russian health system in the 1980s. We know Russian and American athletes use it. We've heard Russian astronauts use it. (By the way, although asthma control is unquestionably its most common use, the Buteyko Technique can also be used to treat anxiety, allergies, sleep apnea, insomnia, panic attacks, fibromyalgia, digestive challenges and eczema.

It spread Down Under in the early 1990s when an Australian, hospitalized while in Russia on a business trip and impressed with the results of the Buteyko method treatment he got, decided to bring the knowledge home with him. He arranged to have two Buteyko experts come to Australia as trainers. Now it is routinely used there, as well as in New Zealand, England, Canada, Europe, Africa and the United States.

The medical profession says you have a trigger (pollen, mold, pet hair, exercise), then you have a symptom (shortness of breath, irritated eyes), then

Continued on Page 6

Sharing story: making visible the invisible

By Mary G.L. Shackelford

I don't have to agree with you; I don't even have to like you. But my life is richer, deeper and more meaningful when you and I can speak and listen to one another. I can begin to trust we are there for each other in fundamental ways, connected and in good relationship. And it's worth my effort to open the door and learn what's important to you, share what matters to each of us. I'm convinced, for the health and well-being of our interconnected lives on this Island, we would do well to make sure we know how to talk and listen to each other, to people who have different values, backgrounds, perspectives, opinions, outlooks.

I'm interested in what connects us in this community. I'm committed to cultivating respect for differences. I'm intrigued by the variety of people who call Vashon home – who they are and what matters to them. I'm invested in our capacity to speak and listen to one another.

I think these inclinations are important, maybe critical, to navigating the community challenges that are before us now and the stresses of change which are coming.

I hear a lot about community on Vashon. I, like many, am well-grounded in my own small circles – places where I'm comfortable, spaces inhabited by like-minded people. Like many others, I feel enormous desire and responsibility to show up, to give back. And, I, like many, feel protective about my time and energy. I have cultivated a careful and discerning vigilance about my choices.

Our consumer culture offers a million ways to distract, entertain, engulf me. Besides that, every week, there are a myriad of wonderful events offered by my friends and neighbors here on the Island. Every month, there are also appeals and opportunities to engage in civic activities that promote the well-being of our Island.

Yet, even as I fear overwhelm and distance myself from too much involvement, there's a yearning in me for the larger context of community – the connections that go beyond my family and friends, a desire for relationships

that bridge generations, transcend religious spiritual affiliations and extend beyond gender identities.

There's a curiosity in me about the Other....and there's the lingering suspicion that meeting the Other is essential to my experience of being fully human. There's even an impulse to embrace the Other – the internal drive to become Whole.

From a life spent in small town communities, I know that it's all of us, woven together like the pieces in a crazy quilt, which make community on Vashon. It's all the weird, eccentric, normal, crazy, everyday folks who are connected by the fact of living here on this Island.

Loss of soul, elder wisdom tells us, occurs when we stop dancing, singing, being enchanted by stories and finding comfort in silence. When we share our stories, we bring to light what's important to us. We take time to become present to our selves and each other. We create an atmosphere of curiosity and respect that encourages us to take risks, becoming willing to be open and honest. We practice speaking and listening in a more careful way about more important subjects. Shared connections, a sense of community and our desire for compassionate interaction become visible – to our selves and each other.

What is the story of your involvement in our community?

How is your experience of community going now?

I'm part of All Island Forum. In April, we are renewing our focus on the listening we need to do with each other. First we'll gather one evening at our new community Library and then continue with monthly round table gatherings. We'll invite personal stories that reveal our values and perspectives on community-related topics that matter to us. We'll speak and listen.

If we practice well, we'll learn how to hold the threads of compassion, connection and community in the tough moments of Island-wide decision-making. We are in some of those moments now, and we'll face many more in the years ahead.

There's something special taking shape on Vashon Island

We're talking about Hestia Retreat Center for Women.

As many of you know, Hestia Retreat is being created as dedicated space for all women to nurture their personal development and emergence. Spending time at this exceptional sanctuary – in private retreat or connecting with others in an inspiring, educational, and healing environment – women can tend to what Hestia, the Greek goddess of heart and hearth, held dear and sacred: their own internal fire, their place of deep center.

Hestia Retreat's vision is a world where women receive the solitude and community we need to reconnect to this deep center. This allows us to replenish, restore, and revitalize our beings and our lives so we can spread the Hestia flame out to the world, one woman at a time.

As founding members of this organization, Valerie Manusov and Mela Bredouw, along with a committed Circle of Directors and volunteers, have been working for almost five years to bring the Hestia Retreat vision alive.

A 501(c)3 organization, we have obtained necessary classification for building a residential retreat center and conceived

both structural design and programming. Plans for the facility include private cabins, a great hall for workshops, a dining room, a bathing house, and a set of treatment rooms. The grounds will center on beauty and inspiration. The site design will use Universal Design principles and be built with sustainable practices.

We're thrilled about this creation thus far, and we're ready to embark on the



necessary next steps to birth this vision. We invite you to join us on this journey as a donor, a volunteer, or as an attendee at one of our many wonderful events.

The organization's premiere event, our annual Women's Day of Wellness, will be held this year on Saturday April 26 from 10-5 at CoHousing on Bank Road. It will be an exquisite day of restoration, inspiration, and rejuvenation – the hallmarks of Hestia Retreat. We invite you to "Step Into Your Radiance."

Our schedule:

9-7 "Sparkle sessions": chair massage (Erin Mawhirter), table massage (Jill Bulow), intuitive readings (Lisa Fox), life coaching (Amy Kessel), Ayurvedic face and scalp massage (Kael Balizer), and angel card readings (Auona Berlin) – These are optional, fee-based sessions that can add to the vitality of your day

9 – 10 Registration
10 – 10:25 Tai Chi led by Lyn Solander
10:30 – 10:40 Introduction and overview, Valerie Manusov, Hestia Retreat for Women CoFounder
10:45 – 11:25 "The Mystical Woman Awakening: Finding the Courage to Give Birth to Your True Self" a discussion with Suzanne Anderson
11:30 – 11:55 Restorative world dance led

by Kelly Chevalier

12:00 – 12:25 Partner foot or hand massage led by Jill Bulow
12:25 – 1:15 Lunch
1:15 – 1:35 Meditation led by Ronly Blau
1:40 – 2:25 "Radiating Presence: Using our Authentic Nature to Align us in our Bodies, Lives, and Personal Vision" a discussion with Cody Strauss
2:30 – 2:50 Journaling, quiet reflection
2:50 – 3:50 Creating art (three art stations to choose from: mosaics, Kim Pearmain, soul collages, Diane Schulstad; watercolors/drawing, Wendra Lynne)
3:55 – 4:40 "The Five Circles of Women's Health: Becoming Your Radiant Self" a discussion with Katherine Oldfield
4:45 – 5:00 Setting intentions and closing

All that, plus lunch, snacks, and fantastic door prizes are all only \$75 (or 2 for \$140 – so bring a friend!) if you preregister. Volunteer opportunities in lieu of payment are available. Send a check to Hestia Retreat, PO Box 2185, Vashon, WA 98070. Or pay for a small fee with your credit card at Eventbrite. Space is limited, so be sure to preregister soon!

Please feel free to visit hestiar retreat.org to learn more about Hestia or write to us at info@hestiar retreat.org. And we welcome your questions and excitement for this next treasured addition to our warm and inviting island.

Island Life Flight

By Peter Ray

From a time way before the magic of shopping the internets, I'm still trying to remember how I wound up in a hobby shop in New York City buying that radio controlled plane kit. I can sort of remember how I physically got there- I had talked my friend Bob into hopping on our bikes one Saturday morning and riding to the train station and then riding the commuter rails to Grand Central Station, and then somehow figuring out how to locate the hole-in-the-wall shop that was selling the kit. This was a first time adventure as a twelve or thirteen year-old, and of course I hadn't told my parents since they would have told me I most certainly wouldn't be able to go. I don't remember how we found the shop- I kind of remember being inside and agonizing over which kit to get within my miniscule price range. I don't remember how we found our way back to Grand Central or back on the right train to our home town thirty or so miles to the north. I do remember the empty feeling in my stomach after getting off the train when we went to the place we had left our bikes only to find them gone. I also remember the stern look on my father's face when he pulled up in front of the station with our bikes in the back of the family station wagon and said, I believe, two words: "Get In."

I don't know what ever happened to that plane. I built it up but never flew it. Ever since then I've had a sour taste appear whenever the thought of anything involving radio frequencies and control of objects from a distance has come to mind. That is partly why, when the box containing the DJI Phantom quadcopter arrived quite a while back, it sat unattended for months before I worked up the nerve to open it up to see what it could do. My reason for purchasing it now was way different than back when I first broached the subject of radio control in ancient times. Back then it was the fascination of a toy that could be flown through the air without strings or wires attached that drew me to the event that got me grounded, oddly enough. But this recent acquisition of a miniature flying machine had more to do with the practical aspect of learning the intricacies of another tool of the trade. In addition to swimming and biking and other things mobile, it is one of the attributes of the GoPro camera that it is small and light enough that it can also fairly easily go aloft and fly with any number of remote controlled aircraft.

As there is at least one event on the horizon, and any number of other possible uses for gaining a different video perspective out there, I decided that the fair weather of late should be taken advantage of, and so landing struts and propellers and their requisite guards were attached, and the operating manual, or Quick Start Manual Express V1.0 as it was labeled, was cracked open to see how I was to get this craft into the air. This was a far easier assembling process than was that plane of years gone by. Instead of wood and glue, an allen wrench and some supplied screws were all that was needed to have this modern marvel fully assembled. Unfortunately, being of an age where joy sticks and simulated games have never been a part of my routine, daily or otherwise, I had no idea what the switches and control levers did. There were no labels on the remote control device that came with it, except for a few things like GPS or ATTI, and there was no attending diagram in the Quick Start Manual Express (QSME) that gave much of an indication as to what any of that meant. There is a lot

missing from this manual, as well as the Advanced Manual that you can download from the DJI site. A sample from the QSME under the heading "For inexperienced" goes as follows: "Slowly aircraft landing is suggested to avoid aircraft flying further away, though this suggestion may cause damage to aircraft during landing." I went to the youtubes to see what wisdom might be gleaned from there.

I have learned from experience that any youtubes video labeled "unboxing" is perhaps among the most worthless exercises known to man or woman- I have no idea why people make them, but they are everywhere. On the other hand, there are very useful videos on perhaps almost anything one needs to know about, and some things one may not need or want to know about. For my purposes, I was able to learn enough to get the copter started and off the ground and soon able to recognize that the frantic wobbling my copter was doing, not unlike the crazy gyrating of a disabled flying disc in some sci-fi, UFO flick from the 1950's, was not as things should be, and that a "slowly aircraft landing" was out of the question. The crash was unspectacular, resulting in one bent propeller and a smashed propeller guard. Some gorilla glue stuck the guard back together and the copter comes with an extra set of props. Having gotten all that back together I found that the bent prop motor was stuck, so I set about disassembling the entire thing to see what I could find. I was worried that I had bent the rod that the motor spun on, so I pried and pulled the two pieces apart, only to find a horseshoe shaped clip stuck to one of the magnets that rotated around the central coil. This was supposed to be attached to the rod on the base of the motor. Once that was back in place, and I had found elsewhere on the youtubes that a calibration was necessary to stabilize the craft in flight by running some basic tests through a connection to my laptop (we are not in the land of RC controlled, balsa wood aircraft any more), the copter then ascended like a hummingbird on the defensive. When this particular motor driven hummer headed toward the trees I panicked and couldn't remember which of the two joysticks did what, and we experienced more "damage to the aircraft during landing".

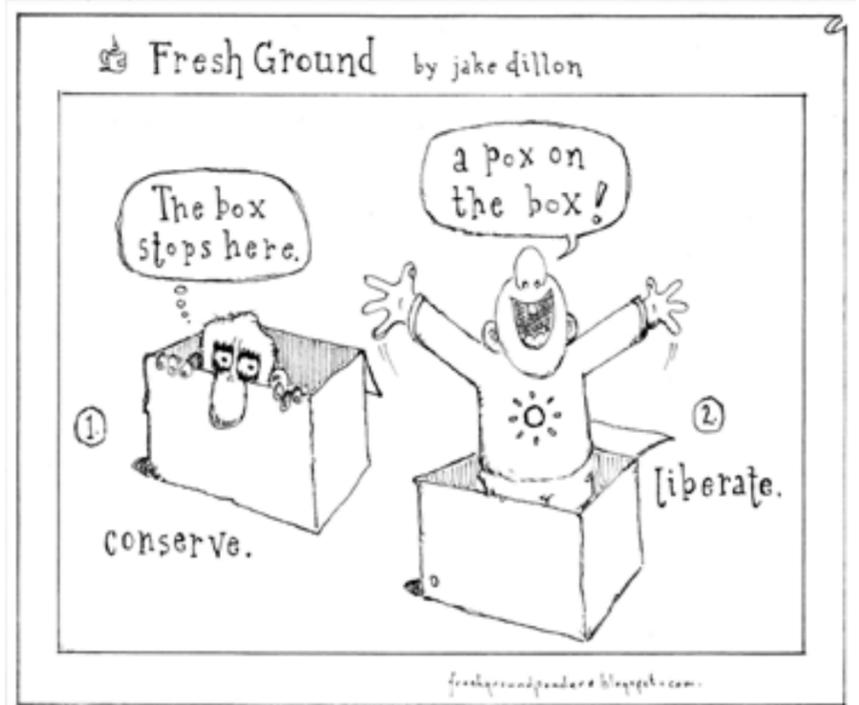
That was then. I have since gotten the copter off the ground and kept it aloft performing backs and forths and ups and downs without much further damage. I am feeling a bit more confident in understanding the controls and have been trying to go higher and further away with much better results than recent experiences have afforded. I have not yet, however, affixed the camera to the underbelly of the contraption- sometimes I tempt fate less than others. What I currently have in mind for filming involves swimming and boating and flights over water, which invites a whole new set of hazards into the mix, as nothing related to this machine is impervious to water contact. I am hoping that in this case practice does lead to something close to perfection. Unlike some other things though, practice with a remote controlled quadcopter is kind of fun.

Vashon's Yellow Pages on line.

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Kronos, Palouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, Vashon Business Info
www.VashonPages.com



Dorsal Dread

By Orca Annie Stateler, VHP Coordinator

Since the Southern Residents left us in January, Vashon-Maury waters have been drearily devoid of tall dorsal fins. That changed on April 4, when ten or more Transient killer whales blazed down the Sound from Edmonds. In East Passage, NOAA researchers clocked one male in the group, T102, at 12 km per hour. A solitary female dragged a seal for 20 minutes. What became of the hapless seal is unclear.

The mammal munchers milled off Point Defiance for about 40 minutes before entering the Narrows late in the day. Thirteen panicked Harbor seals and one California sea lion gathered near



Transients present in the encounter: matriarch T101 and her sprouter sons, T101A and T101B; 30-year-old male T102, listed as a "probable" son of T101; and massive adult male T103, who is age 46 or older.

We appreciate the helpful reports from Kelly, Bob, and especially Simon. The next time whales grace our waters,



Elder male T87 (Slot Fin) with T90s in Haro Strait, 12/30/13. Photo © Mark Malleson.

the Tahlequah dock, far away from the dreaded dorsals. On April 5, between downpours, the Transients emerged from the Narrows. They split into two groups. Most of the females and juveniles went north in Colvos Pass, while the adult males and a few others headed into East Pass. Heavy rain hindered visibility.

Several orcas in the contingent were Vashon semi-regulars. I wrote about T87 -- "Slot Fin" -- and the T90 matriline with whom he travels in previous Dorsal Spins. This week's photo clearly shows T87's distinctive dorsal slot. Other

we want to hear from more Islanders. Now, put the VHP number in your fancy gadgets.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 206-463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts and sustain an accurate record of whale sightings for Vashon-Maury. Send photos to Orca Annie at Vashonorcas@aol.com.

Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday.

Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085

Spiritual Smart Aleck

The Bottom Below

"Do you think you've hit bottom?
Do you think you've hit bottom?
Oh no - there's a bottom below.
There's a low below the low you
know.
You can't imagine how far you can
go down." - "A Bottom Below" by
Malvina Reynolds

Depression has been a part of my life since I was about fourteen years old, or at least that's when I first noticed it.

I felt like I had gone away from everyone to some harsh isolated place where everything hurt, and I felt helpless to get out of it. A few weeks or months later the fog lifted as mysteriously as it drifted in and I resumed my conventional teenage misery and my unrequited crush on a boy named Tom who said I was his best friend and told me all about the girls he liked.

That in itself was depressing, but the prolonged periods of gray despair and lethargy that I was to experience over the years were not connected to any apparent outside cause. Depression simply was part of my life, and by my early 20s I was considering depression almost a friend, it was so persistent a presence in my life. Say what you like about depression, it will stand by you when everyone else leaves.

At some point I realized that the darkness was likely to move in around October. Later I heard about Seasonal Affective Disorder, and thought that might be part of my problem. I probably should not have moved from California to Vashon Island if lack of light was affecting my mood. Oh well.

Over the years I worked hard to overcome my depression. I read books of humor and cartoons, ate chocolate (chocolate again!), took vitamins and herbs, sang to lift my spirits, fell in love or something like love which gave me a few days of feeling good, did talk therapy and group therapy and 12-step groups, prayed, meditated, and walked. It didn't help that I get migraines, because they can be pretty depressing.

Writing a song was the best mood elevator, though that was not something I could do at will. I could work at writing songs and come up with snippets and crippled fractions of songs, and I did that - this is called "honing your craft" - but only when a whole song came through did the endorphins start flowing. Yay! Better than sex, better than fresh corn on the cob, better than chocolate. Better than anything. Ask any songwriter; he or she will tell you.

After years of trying everything I could think of



By Mary Tuel

and becoming reasonably happy, October came and with it the inward blackness, for no apparent reason. It just came in, like the fog or the tide, and engulfed me. At that point I surrendered to the suggestion of my medical provider of the time, and tried one of them new-fangled anti-depressants. My life changed for the better. I had an influx of energy and optimism. This stuff is great, I thought.

Of course there are people who are pleased to say that being on an antidepressant is proof of mental instability. You're supposed to be strong. Subdue your emotions. Put on a happy face. Pray to Jesus. Grin and bear it. Stop making the rest of us feel ashamed because you're so unhappy.

No, that is simply backwards. The anti-depressant is the treatment for the mental illness. Mental illness + appropriate treatment = better mental stability. Got it?

It's spring now and my spirits rise with the lengthening days. I spotted the first dandelions blooming in the yard this morning. Then I noticed that the forget-me-nots are blooming, and the wallflowers and primroses have been rioting for weeks. My goodness, could I be feeling...happy?

I found myself singing Malvina Reynolds' cheerful ditty about feeling bad, and laughed. It's hard to admit that so much of my life has been



crippled by depression, but even when the worst things do happen and it feels like the darkness is never going to lift, eventually the light breaks in and spring comes again. Every Good Friday has its Easter, and vice versa, to be honest.

When my boys were teenagers and a friend of theirs committed suicide, I told them that no matter how bad you feel, if you do nothing at all but wait and let time pass, you'll feel better. It's true. Feelings will come and go and come again. Life goes on, and the dandelions bloom. Even with the depression and the migraines and the true grief, I wouldn't have missed this grand tragic comedy, not for the world. It has been, and still is, a great ride. That's how I feel on a sunny spring morning.

A Community Conversation About Health and Responsibility: Vaccines and Beyond

Part 12: Who's Afraid of the Big Bad Question?

by Karen Crisalli Winter
and March Twisdale

For humans, the drive to learn is as powerful as the drive to eat. There's a good reason for this. Eating and learning are both equally vital for our survival. Humans generally don't survive based upon instinct. We are learners, and as such, information has long been treasured, preserved, gifted, sometimes hoarded, and quite often controlled. Thus the frequently heard phrase, "Knowledge is Power."

Unfortunately, the vital survival skill we call knowledge can not only be shared, but it can also be readily lost. The secret to preventing scurvy has been found and lost many times in human history. How could such vital, life-saving information get lost? And, why did people take so long to act on the information once it was rediscovered? As our history shows, humans are prone to both losing old information and resisting new information...no matter how important it is.

Fortunately, there is a simple, time-tested method that helps us retain the old information and acquire the new: questions. Curiosity may have killed the cat, but it is great for humans. It is not an accident that young children ask "why?" about thirty-four times a day. As we get older, we might get less pesky, but our drive to ask questions doesn't go away. Consider the news stories that everyone talks about. They're all based around questions. Who will our next president be? How could a plane just vanish? Should we label GMOs?

Questions are more than just a survival strategy. They can often be enjoyable, which naturally encourages us to ask more questions. Many of our games are based around questions of various types. Where will she move next? What is the best way to find the treasure? Is he bluffing? We see the same fascination with questions in detective stories which have been popular for centuries and

continue to be seen in books and films. Clearly, people are attracted to exploring the "unknown" and driven to seek answers.

However, questions aren't always allowed or easy to ask. Young children quickly learn that asking some questions will get them shushed or worse. How old are you? How much do you weigh? How did the baby get in your belly? These types of questions are frequently discouraged. As we age, learning to respect personal boundaries is probably a good thing.

But can we go too far in discouraging questions? One benefit of living in a democratic society with free speech is that you will be exposed to many different perspectives. Some perspectives will feel comfortable, others will not, and still others will leave you curiously wanting to know more. From a scientific perspective, this is a very good thing because science is all about questions. It's about asking questions and testing questions and encouraging other people to question your results. Science without questions isn't science, just as democracy without free speech isn't a free society.

Science works. It has taken us to the moon and allowed us to eliminate the scourge of smallpox. But science without questions

truly is not science. We all need to feel safe and comfortable asking questions and questions and more questions. Yes, questions may temporarily grant some lousy science an unwarranted degree of attention. But the delightful thing about science is that it withstands questioning. An onslaught of questions will discredit flawed science, but that same onslaught of questions will strengthen quality science.

So, on the subject of vaccines, who's afraid of the big, bad, question? We're not. Because we love science, we love discovery, and we achieve both by asking questions. And quite frankly, we love this subject. Because, when you delve deeply into questions about vaccines, a whole host of additional fascinating questions come to light. It's like the mystery that never ends.

In the spirit of regaining our ability to enjoy discovery and revel in exploration, we invite you to join us for a screening of *The Greater Good*. In a society imbued with free speech and a strong scientific foundation, there is nothing to fear from a documentary film. So, pack up your curiosity and skepticism, bring your questioning mind, and remember that all successful sleuths are first and foremost open to new ideas and possibilities.

THE GREATER GOOD MOVIE

(DOC NYC) (AMSTERDAM) (WATERFRONT) (MAINE) (MICHIGAN)

SEE THE FILM

Screening Date & Time:
Saturday, May 10th @ 5:30pm

Location:
Land Trust Building

Contact:
Marchpower@yahoo.com

Other details:
Easy Potluck (bring food to share, if you can, but plan to join us for the meal, regardless)

Website: Vaccinesandbeyond.blogspot.com

Buteyko Breathing Technique:

Continued from Page 4

you hyperventilate. Buteyko says you have your trigger, that causes you to hyperventilate, then you have your symptoms (shortness of breath).

In the medical model they have to find a cure so you don't get your trigger, or you have to suppress the symptoms. That's when they give you drugs to suppress the symptoms. In Buteyko's model, if we stop your hyperventilating, we stop your symptoms. So, the exercises are designed to stop your hyperventilating. We're not saying we have a cure, we're saying we can make you less responsive to your triggers.

What hyperventilating does is cause your CO₂ (carbon dioxide) level to go down and asthma becomes a defense mechanism and prevents you from releasing any more CO₂. Buteyko exercises are designed to teach asthmatics to stop hyperventilating. By

stopping hyperventilation you stop the excess release of CO₂ so your airways don't close, and by repeating the Buteyko exercise you train the respiratory center for more normal breathing and less hyperventilation, less susceptibility to triggers. The whole thing depends on the fact that asthmatics breath three times more than normal; their airways are always threatening to close.

The method is taught over five days, with a 90-minute class each day. What may be of particular interest in the U.S., considering the skyrocketing childhood asthma rate, is the method's applicability to asthmatic children. Children as young as four have successfully completed the course. Kids often have a harder time than adults avoiding triggers that lead to asthma attacks. Not only will they benefit if they are able to reduce their use of the potent drugs from an early age, but they may be able

to expand their activities and - a practical matter for parent and child - they should be able to avoid the panic and fear so well known to all asthmatics when they lose an inhaler or realize that they have left home without it. Once you've learned the method, you can't leave home without it.

I welcome, in fact I urge, one or both parents to come to class with younger children so they can learn the Buteyko concepts themselves and help teach their children.

Since moving to Vashon in June, 2013 after having a private practice in Tucson for 25 years, I have opened the Vashon Breathing Center and am currently offering in home consultations to see if the Buteyko Technique will work for you. The next step if Buteyko is right for you are private sessions or group classes. I can be reached at 206.567.4029 for more information and to set up appointments. VashonBreathingCenter.com.

**Aries (March 20-April 19)**

The first week of April may feel as though the world is gunning for you. It isn't, so stay cool and hang in there until after April 8. Romantic complications should clear up and tempers should cool. The Full Moon and Lunar Eclipse on April 15 could reignite partner or love problems. Don't overreact. It isn't as personal or hostile as it may seem. The New Moon and Solar Eclipse on April 28 could bring you monetary opportunities if you can act with reserve while everyone else is crazed. Patience is hard, but it could be your best friend this month.

Taurus (April 19-May 20)

People could keep you hopping at the end of the first week. Plans may fall apart or maybe you will just be shamelessly overbooked. Don't worry if a few things fall between the cracks. The April 15 Full Moon and Lunar Eclipse can be good for returning focus to you and your need for more downtime. Be calm and let others run themselves ragged. The New Moon and Solar Eclipse on April 28 are all yours. Let a dream or inspiration simmer and perk back up to the surface of your consciousness. Remember and use this all through the year.

Gemini (May 20-June 21)

The first week could be a social madhouse, with way more ideas and attractive plans than any mere human can manage. Pace yourself and maybe prioritize. Your mind may be racing on April 7, but by April 9 things should slow down. The Full Moon on April 15 lights up your desire for more fun and games. Do what you can to resist needless risks and big gambles. The New Moon and Solar Eclipse on April 28 is a more subdued and subtle time. Keep your actions organized and don't go off wild and scattered and end up being your own worst enemy.

Cancer (June 21-July 22)

The first week could bring an emotional roller-coaster ride. Your mind will recover before your heart does, but things should be smoother and less frantic by April 9. The Full Moon and Lunar Eclipse could impact your career and public ambitions, if you have any.

If not, others may still think you do. Don't let it bother you. Do something big and good for yourself - you deserve it. The New Moon and Solar Eclipse on April 28 could give you a big boost in the direction of your choice. Remember that there are short-term and long-term goals.

Leo (July 22-Aug. 23)

You have control in the first week of April, if you don't get lazy. People want to see what you're doing and will follow your lead. Be careful with this. Friends and family may try to run away with you under the influence of the Full Moon on April 15. You have all the charm and tact you need to make whatever escape appeals to you (or not). As for the New Moon and Solar Eclipse on April 28, you have the chance to do something brilliant for a big audience or set yourself up for a big career change.

Virgo (Aug. 23-Sep. 22)

Watch the bank balance and spending in the first week of April. You aren't usually a compulsive shopper, but a friend might drag you along, to your dismay. Keep your own needs foremost in mind. Money matters also surface during the Full Moon of April 15. Accommodating others can be as costly in time as in money. Make your own suggestions and see if that helps. The Solar Eclipse that comes with the April 28 New Moon can spark you to think and live on a bigger, perhaps slightly grander scale. You can do this in a practical, affordable way.

Libra (Sep. 22-Oct. 23)

People may give you grief in the first week, but they really just want your attention. You don't have to indulge anyone's silliness, so be amused rather than angry. Besides, you can wear out all of them. The Full Moon and Lunar Eclipse shine for you on April 15 even if people behave as though the show is for them. It isn't. (Well, maybe it's also for your partner.) It's a strong, serious New Moon (and Solar Eclipse) on April 28 that can help you straighten out a money or property issue and leave you in a more stable, solid place.

Scorpio (Oct. 23-Nov. 22)

Think about yourself a bit more and

let the world solve its own problems, especially around April 7 and April 8. You're a lot stronger and more energetic than you realize, so don't waste it on frustration and restlessness. Clean up something in the daily work routine around the Full Moon on April 15 and come out feeling like you're living in a bright new world. (You could spring a big surprise on someone and get away with it now, too.) The April 28 New Moon packs one last personal wallop. Be safe, healthy, smart, and willing to listen to a partner.

Sagittarius (Nov. 22-Dec. 22)

Group involvement and social activities could eat up your life in the first week, but you might want that. Your time should free up after April 8 or April 9. The urge to start new things might be overwhelming all month, however. Those urges might turn to the wild, crazy, or even kinky side by the April 15 Full Moon. Not too reckless, not too expensive fun will do no harm, and the mood will pass. Make the most of that April 28 New Moon and Solar Eclipse. No matter how crazed the outside world gets, focus on your well-being and creative desires.

Capricorn (Dec. 22-Jan. 20)

It's the classic tug of war between home and office in the first week. Your attention and best efforts may be spent at work, where activity is increasing and your energies are already focused. Use home for rest and recovery, to be improved and refreshed little by little. You'll be in high gear at work by the April 15 Full Moon, all to your benefit if you don't burn out or oppress

The Vashon Loop, p. 7
co-workers. Keep those revelatory, confessional discussions among friends and out of the workplace. While work demands continue, your partner is the lucky one at the April 28 New Moon. Be happy.

Aquarius (Jan. 20-Feb. 19)

People will expect you to be the grownup in the room from about April 4 until April 8. There's no lack of money concerns (or ideas to remedy them) to go around. Be a good example, take care of yourself and your needs, and encourage others to follow your lead. The Full Moon (and Lunar Eclipse) on April 15 takes you to faraway places, if only in fiction, and relaxing time with good friends. You've all earned a break. The New Moon on April 28 gives you another chance to awaken the desire to expand your horizons. Perception is everything.

Pisces (Feb. 19-March 20)

You're cleverer by far during the first week of the month, and people will be magnetically drawn to what you say and do. Some of this brilliance could result in extra money, so make the most of it. The Full Moon on April 15 could render you extra charming. This could also help you attract someone with a problem you can easily solve, and thus improve your own finances. The New Moon and Solar Eclipse on April 28 may send the world into a mild tizzy, but you'll get another opportunity to consolidate whatever advantages you've gained this month.

Read Eric Francis daily at www.PlanetWaves.net

Friends of Mukai Program

Continued from Page 1

Garden guests were fascinated by the illusion of a larger land vision enclosed within the garden space. It became widely visited by garden enthusiasts from neighboring areas and beyond.

The September 23, 1933 issue of The Christian Science Monitor published a feature article about the beauty and charm of the Mukai garden, stating "Like a bird song, it sings of exquisite beauty. The charm of this garden and its distinction is its display of the Japanese genius for making miniature landscapes."

The house and garden were sold in 1949, and had a succession of owners until it was purchased by Island Landmarks in 2000. The Mukai Agricultural Complex was declared a King County Landmark in 1993. The house and garden was placed in 1994 on the National Register of Historic Places.

Although some of the elements remain today, the garden no longer resembles the one Kuni imagined and brought to such beautiful fruition. In 2012 the Mukai Garden Committee formed to study the Mukai Garden,

determine what was originally there, what remains, and what would be needed to restore it. Members Cindy Stockett and Karen Baer will describe what they have discovered in their search for information about the plant choices Kuni made as she developed her historically significant garden, and what remains 86 years later.

Both women are avid gardeners, members of Northwest Perennial Alliance, Vashon Maury Island Garden Club, and Northwest Horticultural Society. Karen Baer, from a long tradition of estate gardeners in Scotland, Ireland and Canada, continues to refine her own unique Northwest garden. Cindy and Steve Stockett's award winning Froggsong Garden, widely visited by gardening enthusiasts, was featured in Fine Gardening, Better Homes and Gardening, Country Living, and Pacific Magazine.

The Friends of Mukai program is supported by 4Culture/King County Lodging Tax Fund. It is free and open to the public. Refreshments will be served.

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Juno Needs A Home...

I have a calm, serene personality that goes well with my dilute torti markings. I'm always wearing the feline version of spring pastels. In a new home, I'll be content to spend time on windowsills as long as my new person also lets me give and receive quiet affection. I had been a loving companion to my previous person until she became ill. Somebody out there must need a best friend like me.



Go To www.vipp.org Click on Adopt

Birding project integrates science

Continued from Page 1

to Lewis, "Throughout the project we learned the concepts of volume and (implied) mass which make up our physical world. We apply these concepts to a work of art that draws from nature and expresses life. Working with clay provides a conduit from the hearts and minds of the young artists, through their eyes, arms, hands and fingers, providing an experience that builds connection between the artist, the viewer, the animals and the natural world. This, in turn can foster a spirit of stewardship and responsibility in making choices

about how we humans live on planet Earth."

Vashon Artists in Schools (VAIS) is a collaborative project between Vashon Island School District and Vashon Allied Arts. Additional support comes from National Endowment for the Arts/ArtWorks, Washington State Arts Commission/ArtsWA, Vashon Partners in Education/PIE, Vashon PTSA and private donors. For more information, go to www.vashonalliedarts.org/artists-in-schools/

Positively Speaking

Lenten Liberation

The seals are barking and morning is a long ways off. They started about the same time the cover band next door stopped playing Jimi Hendrix 'Changes' followed by Average White Band's "Play that Funky Music White Boy"

Throw back weekend. I'm up willing myself not to vomit. Too little sleep from an early early flight. Too much rich food. Full glass of wine that I am very much not use to.

Monday, previous, I called and told our fearless leader and hostess I absolutely could not come. I needed to spend the weekend scrambling, panicking, and being desperate, with lots of prayer language and theological explanations about said, s,p, & d'ing.

"You're coming. I need your stories." That's what she said. Who EVER needs my stories? My stories are annoying to most people, tedious to others. If you are in any kind of unacknowledged or recent pain or loss, my stories are agony. My life is a Greek tragedy with music.

Somehow God seemed in it. Later the next day, my traveling companion called to say the airline tickets she had purchased had been upgraded to first class, without any cost. Hmmm. What is God doing? I need to be striving this weekend and God seems to be sending me on holiday.

What was the destination? A boutique inn owned by our hostess with the mostest in Morro Bay California. The coast. Sunshine predicted. How on earth am I going to relax and enjoy this when I have so much worrying and strategizing to do about how to keep my life from imploding....again?

The 'why' of the trip? To see and visit with my sisters, alumnae sisters. There were fifteen of us to begin with. Jane died prematurely about ten years ago. Two of us couldn't make it because of prior travel arrangements. So, there were twelve.

All of us lived on the third floor of Olney Hall at Mills College for Women. The oldest of us entered in 1969. The youngest of us graduated in 1976.

During that time zone, there were two ways to be a feminist, a women's libber. You could burn your bra which was basically a fashion statement, or you could put on a floppy bow, put your kids in daycare and go compete in the world white men, y chromosomes, had created.

Us twelve? Because we went to Mills where we were defined by our relationships with other women, not competing with men, because we spent our days exercising our smarts in classrooms where nobody ever shut us up, where we dominated the conversations, we experienced a different kind of liberation. We became free to be ourselves. Just like Marlo Thomas said we could.

None of us has had easy lives and we don't disguise our stories. But a couple of my sisters hadn't heard the latest chapter of mine. The next day at Saturday Lunch, outside in the sun by the San Louis Obispo River, they asked to hear it. I started to talk, and suddenly the sister

By Deborah H. Anderson



sitting beside me got up and went down to the end of the table. She was crying. I was so upset that I had upset her.

A year ago she buried her husband and when I tell the whole story of the awful things I have experienced from the worst behavior of mankind possible in the last two decades it is very upsetting to people who have experienced severe losses. I'm very careful and I was terribly conflicted about continuing. I started to cry. I thought I was hurting her. My other two sisters waved it off and said don't worry about her, please continue.

I'm going to skip to the end of the story and then I'm going to tell you what happened.

We finished lunch; I finished the end of my narrative. We all had dessert and sang Happy Birthday to one of the sisters. Some of us drove up the coast past San Simeon to see the elephant seals. Laughter began again. Raucous fun continued. Rejoicing, regaling and renewing of deep deep friendship happened.

Sunday evening at the airport, waiting to board for our return trip, which had also been upgraded to first class, I asked for verification I had hurt my sister in the telling. I was reassured again. No, she was upset that anyone would ever be mean to you or betray you. She was moved to tears by what you have endured.

I wrote and told her I had misunderstood. She wrote back and said, --roughly-- " I asked God what I could do to take away this pain you had experienced and God said you can prayer for her. I am with her the same way I was with you and I can do EVERYTHING"

Vashon is a great place in many ways. It has one fault. It demonizes people sometimes. And like everywhere in the world, there are people who lie and cheat and steal who sometimes try to pin it on other people. I left a demonized pin cushion nearly completely broken apart. I returned home strong, smiling, hopeful, singing, literally, the best I've ever sung in my life.

God always breaks through. God always liberates. I know down to my toes, and have for decades, that God loves me. That's why I cry, dust myself off and get up again and walk. Well... that and twelve sisters and a college that made strong women stronger. I started praying for my enemies. I want them to know God loves them too.

Love,
Deborah.... And Happy Easter,
Eastern and Western...and Happy
Passover.



Deborah is offering the workshop/retreat day "Love,Power,Nurture,& Strength" for girls and women from teens through seniors. May 3, 2014. Thomson Lodge@Camp Burton 9:30am-3:30pm. \$65 including lunch. Register by emailing dhavashon@gmail.com with 'retreat' in the subject line. "Deepen Your Faith; Be Excited About Being Alive!"

Vashon Library April Programs

Children & Families

Family Story Times

Tuesday, April 1, 8, 15, 22 and 29,
11:30am
Newborn to age 6 with adult.

Alphabet Fitness

Wednesday, April 9, 6pm
Presented by Carolyn Amick.
Ages 3 and older with adult.
Alphabet Fitness offers a unique, playful, active and fully embodied gross-motor approach for learning the alphabet in today's digital age. Come ready to move! Bring a yoga mat if you like.

Meet the Author: Karen Robbins

Saturday, April 26, 10am
Hear Karen Robbins read and explore her beautiful, award-winning book Care for Our World. Karen Robbins □ delightful words and illustrator Alexandra Ball □s captivating images combine to inspire children to care for the earth they call home.

Teens

Study Zone

Monday, April 7, 21 and 28, 4pm
Grades K-12.
Drop in for free homework help from trained volunteer tutors.

Adults

Start to Fitness

Urban Cycling Techniques: Riding in Traffic with Skill and Confidence
Sunday, April 6, 2pm
Presented by Cascade Bike Club.
Bring your urban cycling questions for a lively conversation. Discuss basic

traffic principles and study real-life scenarios to help guide you through that next ambiguous situation. If you're resolved to begin the New Year with a more active, healthy lifestyle, it's easy to get started at your library. Throughout 2014, find ideas, inspiration and tips on simple ways to add more movement and healthy options to your life through the new adult series, Start to Fitness.
www.kcls.org/fitness

Great Books Discussion Group

Philosophy and Knowledge by Bertrand Russell
Monday, April 7, 6:30pm

Computer Class: Email Level 2

Monday, April 14, 10:15am
Register online or call 206.463.2069 for assistance.

One-On-One Computer Assistance

Monday, April 14, Noon and 12:30pm
Do you need extra help on the computer? A KCLS volunteer instructor can give you one-on-one assistance.

Opera Preview: The Tales of Hoffmann by Jacques Offenbach (1819-1880)

Sunday, April 27, 2pm
Discover this amazing opera with expert Norm Hollingshead!

Free ESL Classes

Thursdays, 6pm
Learn how to speak, read and write in English. Free weekly lessons, beginning to intermediate level, taught by an ESL Instructor

My Brother Kissed Mark Zuckerberg

"My Brother Kissed Mark Zuckerberg" is a one-man play featuring writer-performer Peter Serko. A true story, the production tells the tale of Peter's younger brother David's life and eventual death from AIDS at age 32. David, a gay man, comes of age at the epicenter of the AIDS epidemic in New York City in the 1980's. Although close, the two brothers spend almost twenty years living apart at great distance leading very different lives. When David is diagnosed with HIV in 1988 Peter is suddenly drawn into his brother's life. AIDS brings a sense of urgency to their relationship transforming both men and forever changing Peter's life.

In early 2012 Peter started The David Serko Project to commemorate the 20th anniversary of his brother's death. The goal was to learn more about David's life in the twenty years they spent apart. Conducted almost exclusively online using Facebook, the Project drew on the collective memories of more than 100 people on Facebook who knew David, most Peter did not know. Material gathered via the Project brings other voices into the story painting a picture of a man who had an impact on all who knew him, an impact that continues to this day more than twenty years after his passing.

Although a personal story, the production touches on universal themes of unconditional love, the true meaning of friendship, the importance of hope, and the enduring power of courage. It is a story of a man who changed and inspired others by being nothing more than true to himself and an honest



and loving friend to others. David's haunting and prophetic final words to Peter, "listen to your heart", challenge and inspire each of us to live life to fullest, be true to ourselves and follow our dreams... to "listen to our hearts".

"My Brother Kissed Mark Zuckerberg" is a moving yet joyous and laughter filled tribute to a man tragically cut down by AIDS whose memory and life continues to transform and inspire.

Performance Date:

Vashon Island High School Theater
9600 SW 204th St, Vashon, WA 98070
Saturday April 26th 7:00pm
Tickets: vashonalliedarts.org

This event is part of the VAA New Works Series and is co-sponsored by Vashon Youth and Family Services

Deadline for the next edition of *The Loop* is
Friday, April 18

Find the Loop on-line at
www.vashonloop.com

Island Epicure



By Marj Watkins

Where the Antioxidants Are

Antioxidants stop free radicals from trashing your immune system. They help you stay younger longer, and free of inflammation, infection, heart disease, and cancer. You get these miracle nutrients in fresh vegetables and fresh fruits. For maximum nutrition, look for whole bunches: heads of lettuce, heads of broccoli, whole carrots, etc. The pre-washed, torn-up salad greens in plastic packages are convenient, but they've already lost a lot of their nutrients and absorbed carcinogens from the plastic.

These 14 fruits have the most antioxidants, ranked for quantity: prunes, raisins, blueberries, blackberries, strawberries, raspberries, plums, avocados, oranges, red grapes, cherries, kiwifruit, and pink grapefruit.

The 11 most antioxidant-filled vegetables: garlic, kale, raw spinach, Brussels sprouts, alfalfa sprouts, steamed spinach, broccoli, beets, red peppers, baked beans, and kidney beans.

Two anti-oxidant beverages: red wine and green tea. Black tea lost most of its polyphenols during fermentation, rendering it a less effective antioxidant.

Notice that raw is better than

cooked. Raw spinach is great; cooked spinach is just okay. Wash and dry raw spinach just before using to retain the most antioxidants. If you must cook it, steam it just until wilted a bit.

Color is important. Deeper color usually indicates the most nutrition inside, and helps you create an appetizingly artistic salad. When using lettuce for a base, choose darkest red leaf lettuce. Smaller varieties of vegetables give you more nutrition per bite. Grape tomatoes, for instance, have more antioxidant power and more vitamins A and C per bite than diced larger tomatoes. Tiny mandarin or Satsuma oranges yield more Vitamin C and antioxidants.

Spinich & Fruit Salad
4 servings
½ bunch spinach
4 to 6 strawberries
1 avocado
2 or 3 peeled mandarin oranges

De-stem the spinach and wash the leaves in three waters to rid it of all the sand. Pat them dry between clean dishtowels or paper towels. Arrange on a platter. Wash the strawberries and remove stems and leaves. Slice them and arrange atop the spinach leaves. Cut the avocado in wedges. Peel off the skin. Cut in chunks and arrange among the strawberry slices. Dice or just separate the sections of the little oranges. Arrange on the salad to create an eye-pleasing array.

BEET SALAD: Grate 1 small or 1/2 large beet. Arrange in a mound surrounded with de-stemmed and washed spinach leaves. Garnish with sliced green onions. Serve with Ranch dressing or vinaigrette.

Is Soy Bad for the Thyroid?

By Kathy Abascal

There are widely differing opinions on the wisdom of eating soy. Some people think soy is the food of the devil. Others instead recommend that we eat soy foods and soy derivatives at least daily. Most of us simply want to know if eating a relatively modest amount of soy foods is good or bad for us.

Those opposed to soy warn that it causes hypothyroidism. They also warn that soy will reduce the effectiveness of any medication taken to treat hypothyroidism. Our thyroid governs our tendency to gain or lose weight. Most of us want to lose weight and the last thing we want is an underactive thyroid so if this is true most will opt to avoid soy.

Given the obesity epidemic, the ability of a food to hinder weight loss is important and you might think there would be a ton of reliable information on soy and the thyroid but there is not. The notion that soy will cause hypothyroidism is based on studies of animals fed soy protein isolate. Soy protein isolates (SPI) are forms of highly refined soy protein and are not quite the same as real, whole soy foods. And even though millions of people are eating—and millions of others are not eating—soy foods daily, no one has bothered to gather some people from each group to measure their thyroid function. Instead, in terms of human research, all we have is a review of 14 human studies that looked at how soy protein isolates affect the thyroid. We also have some data on the health of various populations that eat soy foods regularly.

These human studies did not reach the same results as the animal studies. Instead, as long as people had adequate iodine in their diet, soy did not have a negative effect on thyroid. Anyone who eats processed and/or fast foods is getting plenty of (and perhaps even too much) iodized salt in their diet. People eating a diet that includes seaweed and fish also get adequate amounts of iodine. So most of us can eat soy without worrying that it will have a negative effect on our thyroid. On the other hand, a vegan or vegetarian who eats a lot of soy but no processed foods, fish, or seaweed and uses sea salt instead of iodized salt may have a problem. Sea salt is a good source of minerals and flavors but does not provide iodine. So soy only causes thyroid issues if the diet is low in iodine.

The review also studied the effect of soy on thyroid medications such as Levothyroxine. Soy does appear to slow the absorption of the medication. For most, following the standard instructions (take the medication at least ½ hour before eating breakfast or before bed at night) should suffice to ensure that the medication is absorbed properly. As well,

just to be on the safe side, the reviewers recommended thyroid tests to make sure the dose was right any time a person drastically changes their diet to regularly include a lot more or a lot less soy food. Thyroid tests are not needed for those who simply once in a while have a bit more or a bit less soy.

One of the review studies looked at a group of 37 people fed about an ounce of roasted soybeans (pickled and stored in rice vinegar) a day. While their thyroid levels were not affected by this unusual soy food, most developed other problems: Many quickly developed goiters, digestive issues (constipation or diarrhea), and malaise/sleepiness. Ultimately, it is puzzling (actually unbelievable) that goiters supposedly developed so quickly. The pickled soy nuts contained at most 30 mg of soy isoflavones. The average traditional Japanese diet contains at least 30-50 mg/day but goiters are very rare in Japan. As well, there are no reports that people regularly eating soy in this country have goiters, or for that matter, end



Kathy Abascal is a practicing herbalist, teacher, and writer. After spending some of her early years in Sweden, she went on to obtain a degree in neurobiology with minors in biochemistry and French from the University of California, Berkeley.

up unusually sleepy. The results of this study are considered anomaly, perhaps due to something else they were eating or were exposed to.

So, we can conclude that eating soy will not cause thyroid problems as long as one's iodine levels are good. In that regard at least, soy is neither a ploy nor a food of the devil.

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 Next Loop comes out April 24

Cordaviva

Cordaviva is a 9-piece powerhouse of dance music influenced by the disparate rhythms and styles of the African diaspora. Their upbeat original music is a unique blend of soukous, rumba, Afro beat, funk, and various Latin styles. Bright horns compliment sublime vocal harmonies (sung in various languages), soulful guitars, and relentlessly driving percussion.

Cordaviva has performed at such notable Seattle venues as The Triple Door (lounge and main stage), Nectar Lounge, The Tractor Tavern, and ACT Theatre. Cordaviva's influences stem from musical legends such as Nigeria's Fela Kuti, Guinea's Bembeya Jazz, and Congo's Franco & TP OK Jazz, as well as the Brazilian and Afro-Cuban sounds of Caetano Veloso and Mongo Santamaria.

"You'll be in for a real treat when you see Cordaviva... blending Soukous, Afrobeat, and Reggae gives [them]



an unexpected edge in the local World music scene and completely sets them apart... [they do] a fantastic job of combining sax, trumpet, percussion, guitars, keys and vocals all while giving each instrument their own spotlight."

-Lindsey Scully, SSG Music
If you missed this band on previous visits to the Bike, now is your chance to see the band everyone was talking about. This is a free all-ages show until 11pm, then 21+ after that.

Friday, April 11 at 8:30pm.
Free, No Cover
All-Ages 'till 11pm 21+ after that. At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Long Lost

Island drummer Todd Zimberg will reunite with two of his closest musician friends once again, guitarist Michael Gotz and bass player Keith Lowe, for another epic performance at the Red Bicycle Bistro. The trio has had so much fun playing gigs at the Red Bike that they decided to come back and give the Island another spectacular night of jazz, rock and blues.

The three worked together in the Michael Gotz Quartet back in the mid '80s and have since played the occasional outing. Their debut at the Red Bicycle over a year ago was an excellent opportunity for the three to kick off the new incarnation of this group and now it's become a really exciting project for them all.

Michael Gotz has been performing as a guitarist and pianist for 35 years. His relationship with music began over 40 years ago as soprano soloist with the Sacred Heart Boys Choir. While essentially a jazz player, Michael has performed in a variety of genres including Reggae, Pop and Country.

Keith Lowe, in over thirty years of playing, has yet to meet a musical style that he doesn't like. He has played and recorded in many different genres, including orchestral, rock electronic ambient, folk, bluegrass, jazz roots and country.

Todd Zimberg has worked in the Puget Sound region as a drummer, percussionist and educator for more than 20 years. On his home Vashon Island, Todd is a member of the Island Jazz Quintet as well as the Portage Fill-Harmonic Big Band. He also maintains a practice in private instruction, has worked as an Artist in Residence in the Vashon Schools as well as for the Washington State Arts Commission. He



created and directs a summer youth percussion camp that is now in its 13th year.

In case there are any jazz enthusiasts that are under 21, this is an all-ages free show until 11pm

Saturday, April 19 at 8:30pm.
Free, No Cover. All-Ages 'till 11pm 21+ after that. At the Red Bicycle,
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Find the Loop on-line at
www.vashonloop.com

VAA Center for Dance—Original Works

By Stan Voynick

Original Works for the first time stands as its own production rather than as part of Spring Ballet. "Our Original Works program is only 6 years old," says Director of Dance Christine Juarez, "but the support of our audience and the enthusiasm of our dancers have grown steadily."

Beginning as a program for a few seniors to choreograph an original dance before they graduate, the event bloomed to encompass dancers across levels 4-6 (ages 10-18). Students develop their ideas individually before auditioning prospective works. Faculty/staff mentors contribute guidance and feedback during auditions and



Photo by Mike Urban

subsequent rehearsals.

This year, Juarez introduces a new element. In response to students' queries about incorporating their peers from outside VAA, she opened Original Works to other dancers, as well as live musicians as accompanists. This evolution reflects the philosophy of Vashon Allied Arts to reach out broadly to nurture emerging young Island artists.

Yet another new feature is location. "This will be our first production at the new Vashon High School theater," Juarez adds. "The Original Works program gives more young island artists the opportunity to perform there, and in the new Vashon Center for the Arts in the years to come."

Generously sponsored by Vashon Thriftway.

- by Stan Voynick
VAA Center for Dance Original Works
Fri & Sat, April 4 & 5, 7 pm
Sunday, April 6, 1 pm
Vashon High School Theater
Tickets: \$12 Member/Student/Senior, \$16 General
VAA, Heron's Nest,
VashonAlliedArts.org

Delilah Pearl & The Mantarays

Delilah Pearl and The Mantarays perform sultry ballads and jazzy rousers from the era of the divas: Peggy Lee, Nina Simone, and Ella Fitzgerald. Delilah sizzles in front, on vocals, backed by stalwart Vashon Island musicians Greg Dember (piano), Michael Whitmore (guitar), Toliver Goering (bass) and Dodd Johnson (drums). The Mantarays deliver the standards freshened by an approach influenced by years in rock, experimental and indie music.

Opening for Delilah Pearl & The Mantarays will be Rebekah Kuzma and Andy James. Rebekah Kuzma and Andy James sing with shades



of the Everly Brothers, the Swell Season and other harmony duos. Expect music from England, Italy, Appalachia and their record collections.

This is an all-ages show 'til 11pm, 21+ after that. Free cover!

Friday, April 25 at 8:30pm.
Free, No Cover. All-Ages 'till 11pm 21+ after that. At the Red Bicycle, 17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Red Tiger Tales UMO at Open Space

"It's Zen Loonie Tunes" - an enthusiastic audience member.

UMO just completed an extraordinarily successful run of Red Tiger Tales at ACT Theatre in Seattle with support from the National Endowment of the Arts. The focus was to bring underserved Seattle school children to the theater to see a live show that they wouldn't ordinarily get to see. All the children attended for no cost to them, (or their school or family). The response for the children and the schools was a resounding 2,400 thumbs up. (UMO performed for 1,200 very loud enthusiastic kids from K-12

over the course of the week). It was so exciting UMO and Open Space decided to do the same thing on Vashon!

Thanks to a 4Culture grant that Open Space received for our Sundays at 4 series, we are offering a FREE TICKET TO EVERY CHILD ON VASHON for Red Tiger Tales on April 27th at 4 PM, at Open Space for Arts and Community. Adult tickets are \$15. Children must be accompanied by an adult; no more than 4 children per adult.

For more information visit www.umo.org or www.openspacevashon.com

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Oui Oui!

By Stephen Jeong

Transport yourself to Paris ...an evening with Rouge, Seattle's premiere nostalgic French music group. International touring musicians based in the Northwest, they perform racing waltzes, romantic ballads and happy jazz-swings – from Edith Piaf, Jacques Brel and Serge Gainsbourg to Pink Martini!

Janet Rayor fronts with sensual vocals, channeling the best French chanteuses throughout time in instantly recognizable classics such as "La Vie en Rose" and "Ne Me Quitte Pas." Rayor has performed in Seattle Opera's Pagliacci, as well as appearing regularly with the Ruby Slippers Swing Band. Rayor will be joined by Ruthie Dornfeld (violin) and Toby Hanson (accordion).

Rouge
French Café Songs
Saturday, April 12, 7:30 pm
Vashon Allied Arts
Tickets: \$12 Member/
Student/Senior, \$16 General
VAA, Heron's Nest,
VashonAlliedArts.org



Club O - Dance for a Cause at Open Space!



Club O has been growing month by month, with more and more Islanders of all ages coming to dance and relax. And we have two very special Club Os in April and May! On Friday, April 11, donations will be collected to support Islander Larry Flynn and his annual AIDS LifeCycle. Every year, Larry joins thousands of cyclists to bike from San Francisco to Los Angeles - 545 glorious miles in 7 days. Riders gather \$3000 in donations in order to participate in the event - so Open Space is joining with Larry to help him raise funds! AIDS LifeCycle is a fundraising event for the San Francisco AIDS Foundation and the Gay & Lesbian Center. To learn more

about the ride, visit: www.aidslifecycle.org

This Friday's Club O will feature all the goodness and fun that makes Club O rock - DJs MirageSix and Whitmore, the shadow box dance spot, the teen VIP room, light show and more. And next month Club O will be on Friday, May 9 - with a special theme to be revealed soon...

Club O will return to its usual last-Friday-of-the-month slot soon - mark your calendars now so you don't miss April 11 and May 9! Admission is \$5 at the door, and no one is turned away for lack of funds. Friday, April 11 at 8pm

For more information, visit www.openspacevashon.com.

Duo Finelli



The VAA New Works Series offers Vashon Island artists opportunities to present new works, works-in-process and/or new collaborations in all mediums (music, dance, theatre, literature, multimedia). Selected through a panel process, New Works showcases the best in local Island talent.

Make Them Laugh!

Molly Shannon and Luz Gaxiola are the vibrant, Vashon-based Duo Finelli. Meeting at the San Francisco Clown Conservatory in 2005, they founded a clown ensemble, and have since performed at festivals, theaters and music venues across the United States, Mexico and Europe.

For their New Works premiere, the duo presents a classic one-act comedy in the vaudevillian style, showcasing ridiculous, super-human displays of dexterity and glorifying mundane moments of everyday folly. With live soundtrack of accordion, trombone and ukulele, Duo Finelli creates a world of music, humor and dance, where the laws of logic and physics bend to the will of comedy.

Duo Finelli
Saturday, April 19, 7:30 pm
Vashon Allied Arts
Tickets: \$10 Member/Student/Senior,
\$14 General
VAA, Heron's Nest,
VashonAlliedArts.org

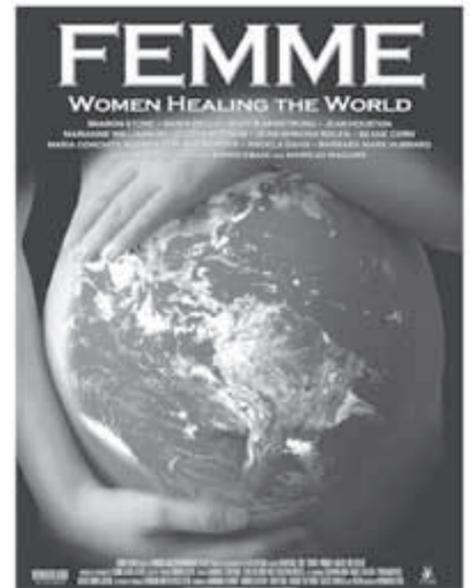
FEMME: Women Healing the World

Woman's Way Red Lodge launches its 2014 Women's Film Series with FEMME: Women Healing the World, Tuesday, April 15th, at 6 PM at the Vashon Theatre.

FEMME: Women Healing the World features 100 influential women discussing religion, science, history, politics and entertainment, and the solutions to the multiple crises our planet faces. It stars Jean Houston, Marianne Williamson, Jean Shinoda Bolen, Riane Eisler, Nobel Peace Prize Laureate Shirin Ebadi and Mairead Maguire, Rickie Lee Jones, Gloria Steinem and many more women who are actively transforming and healing global society.

Director Emmanuel Itier affirms, FEMME is "about what the world needs - to embrace the feminine. The world has gone too far in the direction of dominating and controlling by force. This is an invitation to elevate our thinking and change our code of behavior with each other, how our energies -- both male and female -- are complementary and how we can balance these energies with a sense of spirituality."

The feature-length documentary dives into the historical weavings of patriarchy into our culture, explores what matriarchy would look like, and offers concrete ideas

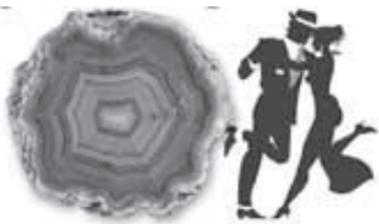


and solutions to fix our planet.

Suggested admission is \$5-\$10 and is generously co-sponsored by Island Green Tech and Vashon Theatre. For more information go to wwrl.org.

Rock & Roll

Vashon Food Bank Benefit



Amazing Vashon Rock Exhibit with Special Guest Speaker 12-4 Bring the kids Rock & Roll Music and Dancing with DJ Prince Voltaire 7:30-9:30 Saturday April 26, Ober Park Admission Free With A Food Donation

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April 11, 8:30pm
 Cordaviva

April 19, 8:30pm
 Long Lost

April 25, 8:30pm
 Delilah Pearl & The Mantarays

April 26, 9pm
 Publish The Quest

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 Lounge is Open
 11:30am to 2am

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GreenTech Night PaperClips Tuesday April 22nd 6 pm

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Call for Times

For show times and info check
 www.vashontheatre.com



Winter has Morphed into Spring here on Vashon Island

We are darn lucky that the worst of the weather went east...way east of here!

All of this being said, we are ready for spring! In addition to all of our other fabulous products, come into VI Horse Supply for your spring soil amendments: Organic Potting Soils, Kelp Meal, Bone Meal, Blood Meal, Canola Meal, Cottonseed Meal, Linseed Meal, Fish Bone Meal, Diatomaceous Earth, Worm Castings + more available on request.

New merchandise in store from our fabulous vendors:

- Outback Trading Company**
- New Hats & Jackets for Spring/Summer Arriving Soon
- Heritage Performance Gloves**
- Home Fire Prest Logs**
- Horseware Ireland, Horze**
- Phoenix Performance Products**
- EasyCare Hoof Boots**
- Uckele**

Come to VI Horse Supply for all your horse, dog, poultry and farm needs! We have feed and supplies for all of the critters who live at your place, not just horses!

17710 112th Ave. SW & Bank Road
 Hours: 9:00 - 6:00 pm Daily
 10:00 - 5:00 pm Sunday
 CLOSED WEDNESDAYS
 206-463-9792
 www.vihorssupply.com
 Like us on Facebook!
 at Cedar Valley Stables & VI Horse supply, Inc.



e-mail - freshground@comcast.net

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Find the Loop on-line at
 www.vashonloop.com

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IslandCure
 Medical Marijuana

EdiPure edibles now available

Requirements

- Medical Marijuana patient (RCW 69.51.A) with valid authorization
- Valid Washington State ID

Hours of Operation

- Monday-Thursday 2-7pm
- Friday 2-8pm, Saturday Noon-8pm
- Sunday Closed

17917 Vashon Hwy SW Vashon, WA.
 Phone: 206-261-9261 Email: info@IslandCure.net

Find the Loop on-line at
 www.vashonloop.com.

Loopy Laffs

A marijuana candy making company had hired a group of new cooks and was teaching them new recipes.

One recipe required heating stems and seeds to bubbling and waiting until the pot oil turned into a jelly.

The Cooks watched but got bored and sick from staring at the gooey mess. The Moral: "NEVER WATCH BOILED POT!"



V.I.P.S.

©DEE

LOGJAM



BY Jeff Hawley

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POP! POP!

POPPITY POP POP

SPRING CLEANING